



Rediscovering nature in everyday settings: Or how to create healthy environments and healthy people

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Year: 2009
Journal: Ecohealth. 6 (4): 553-556

Abstract:

It is estimated that half of the world's population now live in urban environments. Urban living necessitates a removal from nature, yet evidence indicates that contact with nature is beneficial for human health. In fact, everyday urban places, such as where people live, study, and work, provide opportunities to bring nature back into cities to contribute to positive, healthy environments for people and to foster the human-nature connection. The inclusion of more nature in cities could have additional environmental benefits, such as habitat provision and improving the environmental performance of built environments. In the context of climate change, outcomes such as these assume further importance. This article explores how common urban places can foster links between people and nature, and generate positive health and well-being outcomes. We achieve this by exploring nature in the everyday settings of schools and residential housing.

Source: <http://dx.doi.org/10.1007/s10393-010-0282-5>

Resource Description

Exposure :

weather or climate related pathway by which climate change affects health

Other Exposure

Other Exposure: Access to natural environments

Geographic Feature:

resource focuses on specific type of geography

Urban

Geographic Location:

resource focuses on specific location

Non-United States

Non-United States: Australasia

Health Impact:

specification of health effect or disease related to climate change exposure

Climate Change and Human Health Literature Portal

Mental Health/Stress, Other Health Impact

Other Health Impact: Well-being

Resource Type: 

format or standard characteristic of resource

Research Article

Timescale: 

time period studied

Time Scale Unspecified